

Pl	Stno	Name	Cl.	Time														
Course 1 (7)					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 YOA	M12	9:32	1:15	1:56	3:01	4:21	5:33	6:49	7:54	9:15	9:32					
					1:15	0:41	1:05	1:20	1:12	1:16	1:05	1:21	0:17					
2	387	Winn, Ewan FWOC	M12	11:23	1:23	2:09	3:21	4:45	6:06	8:04	9:22	11:05	11:23					
					1:23	0:46	1:12	1:24	1:21	1:58	1:18	1:43	0:18					
3	373	Charles, Viviane FWOC	W12	12:26	1:21	2:09	3:30	5:04	6:41	8:12	10:08	12:11	12:26					
					1:21	0:48	1:21	1:34	1:37	1:31	1:56	2:03	0:15					
4	388	Winn, Gavan FWOC	M12	12:29	1:30	2:21	4:32	6:01	7:31	8:54	10:33	12:10	12:29					
					1:30	0:51	2:11	1:29	1:30	1:23	1:39	1:37	0:19					
5	437	Quilley, Julia EOOC	W12	17:04	1:29	2:44	4:12	6:37	8:59	11:26	14:03	16:44	17:04					
					1:29	1:15	1:28	2:25	2:22	2:27	2:37	2:41	0:20					
6	384	Pearson, Phineas YOA	OpenM	25:24	2:35	4:44	7:24	10:26	14:59	18:13	22:26	25:02	25:24					
					2:35	2:09	2:40	3:02	4:33	3:14	4:13	2:36	0:22					
7	377	Rowlandson, Kare Ottawa OC	Group1	30:53	2:57	4:16	7:41	11:57	16:03	19:59	24:34	30:17	30:53					
					2:57	1:19	3:25	4:16	4:06	3:56	4:35	5:43	0:36					
Course 2 (4)					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 FWOC	M13-14	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
					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
	367	Limpalaer, Eric CdB	OpenM	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
					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
	372	Charles, Adeline FWOC	W13-14	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
					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
	448	Purvis, Elissa YOA	OpenW	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
					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
Course 3 (14)					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 FWOC	M15-16	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
					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 FWOC	M15-16	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
					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 FWOC	M15-16	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
					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	95	Hildes, Micah YOA	W15-16	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
					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													
5	414	Cash, Savannah YOA	W15-16	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
					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													
6	453	Frenette, Kevin EOOC	OpenM	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
					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													
7	419	Michalchuk, Avery FWOC	M15-16	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
					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													
8	420	Michalchuk, Quen FWOC	M15-16	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
					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													
9	443	Beckett, Rowena YOA	OpenW	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
					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													
10	436	Quilley, Benjamin EOOC	Group3	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
					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													
11	435	Quilley, Suzanne EOOC	Group3	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
					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													
12	378	Kiemele, Deb YOA	OpenW	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
					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													
13	431	Hitch, Doug YOA	Group3	1:47:23	3:06	12:44	24:48	39:44	44:14	50:21	55:48	1:07:18	1:46:51	----	----	----	----	----
					3:06	9:38	12:04	14:56	4:30	6:07	5:27	11:30	39:33					
					1:47:23													
					0:32													
							*133	*134	*120									

Pl	Stno	Name	Cl.	Time															
Course 3 (14)					2.4 km 0 m 14 C				<i>(cont.)</i>										
					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														
13	432	Chapelle, Marlene	Group3	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	
					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													
Course 4 (4)					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	M80-84	46:17	2:50	5:00	6:33	11:41	34:06	37:06	38:55	40:44	44:27	45:46	46:17				
					2:50	2:10	1:33	5:08	22:25	3:00	1:49	1:49	3:43	1:19	0:31				
2	405	Donald, Shirley	W75-79	50:03	4:17	12:21	15:26	23:13	32:32	35:28	38:48	41:53	48:22	49:34	50:03				
					4:17	8:04	3:05	7:47	9:19	2:56	3:20	3:05	6:29	1:12	0:29				
3	82	Leduc, Nesta	W80-84	52:03	11:16	13:59	16:19	25:18	34:29	37:31	40:42	43:42	50:11	51:35	52:03				
					11:16	2:43	2:20	8:59	9:11	3:02	3:11	3:00	6:29	1:24	0:28				
4	395	Scott, Don	M85+	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				
					8:23	13:36	5:48	15:19	32:03	15:36	14:23	5:59	13:13	2:55	1:08				
Course 5 (17)					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	W55-64	22:46	2:42	5:34	8:34	10:44	12:19	16:22	17:29	18:38	21:41	22:23	22:46				
					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	W55-64	27:21	3:35	5:32	9:24	13:04	15:15	20:31	21:51	23:11	26:11	27:03	27:21				
					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	W55-64	28:09	3:13	4:54	8:58	11:11	14:02	19:37	22:25	24:07	27:07	27:49	28:09				
					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	W55-64	31:12	3:49	5:36	11:07	14:13	16:32	23:05	24:42	26:23	30:08	30:52	31:12				
					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	W55-64	32:13	2:44	4:14	10:13	12:17	14:50	19:50	22:08	23:30	31:16	31:50	32:13				
					2:44	1:30	5:59	2:04	2:33	5:00	2:18	1:22	7:46	0:34	0:23				
6	409	Viddal, Einar	M75-79	33:15	3:34	5:30	10:30	13:17	15:27	24:18	26:43	28:22	31:55	32:53	33:15				
					3:34	1:56	5:00	2:47	2:10	8:51	2:25	1:39	3:33	0:58	0:22				
7	421	Rennie, Robyn	W55-64	36:26	14:24	15:44	19:20	21:24	23:01	27:52	29:30	30:49	35:20	36:04	36:26				
					14:24	1:20	3:36	2:04	1:37	4:51	1:38	1:19	4:31	0:44	0:22				
8	69	Jansson, Ann	W55-64	37:21	3:42	6:10	11:35	15:03	17:51	25:21	28:04	30:30	34:58	36:50	37:21				
					3:42	2:28	5:25	3:28	2:48	7:30	2:43	2:26	4:28	1:52	0:31				
9	85	Woods, Joanne	W55-64	39:27	10:22	13:11	21:05	24:38	26:43	31:50	34:05	35:25	38:31	39:11	39:27				
					10:22	2:49	7:54	3:33	2:05	5:07	2:15	1:20	3:06	0:40	0:16				
10	380	Lachance, Karen	W65-74	41:18	5:38	7:56	18:53	21:34	23:45	30:38	32:59	35:01	39:29	40:44	41:18				
					5:38	2:18	10:57	2:41	2:11	6:53	2:21	2:02	4:28	1:15	0:34				
11	394	Hogg, Mary-Lou	W55-64	42:18	3:42	6:01	13:04	18:13	20:45	32:16	34:11	36:21	40:42	41:53	42:18				
					3:42	2:19	7:03	5:09	2:32	11:31	1:55	2:10	4:21	1:11	0:25				
12	368	Kasperski, Kim	W55-64	47:12	9:31	11:46	17:07	24:34	27:06	36:21	38:53	41:20	45:16	46:52	47:12				
					9:31	2:15	5:21	7:27	2:32	9:15	2:32	2:27	3:56	1:36	0:20				
13	401	Nixon, Wendy	OpenW	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				
					8:37	2:56	7:29	4:00	6:26	17:10	1:33	2:43	7:26	1:42	0:29				
14	408	Maddison, Sidney	W55-64	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				
					13:26	3:00	24:34	5:30	23:16	22:28	2:08	9:47	18:07	1:21	0:54				
398	Behie, Alda	W65-74	dnf	40:55	48:17	1:08:02	1:12:51	1:25:52	-----	-----	-----	-----	-----	-----	2:19:35				
					40:55	7:22	19:45	4:49	13:01										
406	Donald, Scott	M75-79	dnf	6:57	12:28	24:59	31:23	-----	-----	-----	-----	-----	-----	1:54:47	1:55:53				
					6:57	5:31	12:31	6:24											
417	Cowling, Anne	W55-64	dnf	21:54	26:24	1:37:48	-----	-----	-----	-----	-----	-----	-----	1:55:43	1:56:12				
					21:54	4:30	1:11:24												
Course 6 (7)					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	M65-74	26:42	3:24	7:10	10:32	12:29	15:27	17:59	23:13	24:08	26:24	26:42					
					3:24	3:46	3:22	1:57	2:58	2:32	5:14	0:55	2:16	0:18					
2	369	Rowlands, Jane	W45-54	28:49	2:38	6:06	10:13	13:40	16:43	19:10	24:12	25:17	28:28	28:49					
					2:38	3:28	4:07	3:27	3:03	2:27	5:02	1:05	3:11	0:21					
3	396	Savard, Gabrielle	W45-54	30:36	3:36	7:31	13:29	14:55	17:38	19:57	26:56	28:04	30:18	30:36					
					3:36	3:55	5:58	1:26	2:43	2:19	6:59	1:08	2:14	0:18					
4	389	Winn, Teresa	W45-54	36:15	3:32	7:01	18:05	19:49	22:40	25:32	31:49	33:00	35:56	36:15					
					3:32	3:29	11:04	1:44	2:51	2:52	6:17	1:11	2:56	0:19					
5	386	Melnik, Lara	W45-54	58:26	21:28	27:21	31:53	34:19	38:47	43:01	51:15	52:36	58:09	58:26					
					21:28	5:53	4:32	2:26	4:28	4:14	8:14	1:21	5:33	0:17					
6	418	Hendrigan, Holly	W45-54	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					
					6:01	5:13	8:31	5:56	4:24	3:43	40:25	1:17	3:17	0:27					
7	382	MacKeigan, Linda	W45-54	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					
					5:33	11:07	5:31	3:04	6:28	10:26	54:08	1:20	5:25	0:25					
Course 7 (18)					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	M55-64	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	
					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	M55-64	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	
					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	444	Willomitzer, Gerry	M45-54	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	
					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	

Pl	Stno	Name	Cl.	Time																
Course 7 (18)					2.4 km 0 m 13 C				<i>(cont.)</i>											
					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		
4	94	Gilchrist, Robert EOOC	M55-64	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		
					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		
5	391	Larsson, Svante OK Vargen	M55-64	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		
					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		
6	430	Winn, Jonathan FWOC	M45-54	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		
					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		
7	84	Woods, Stan GVOC	M55-64	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		
					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		
8	403	McLean, Bruce YOA	M55-64	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		
					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		
9	416	Bayly, Don FWOC	M55-64	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		
					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		
10	99	Forrest, Kimball YOA	M55-64	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		
					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															
11	399	Sagar, Bob YOA	M45-54	1:10:18	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		
					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		
12	98	Best, Wayne EOOC	M55-64	1:23:58	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		
					3:41	13:08	7:41	5:02	5:10	5:50	3:33	13:17	2:49	3:07	9:35	9:15	1:40	0:20		
13	371	Charles, Sylvestre FWOC	M45-54	1:27:53	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		
					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		
14	392	Hawkings, Jim YOA	M55-64	1:38:47	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		
					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		
15	413	Brooks, Craig YOA	M55-64	1:44:26	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		
					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															
16	441	Hildes, Dave YOA	M45-54	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		
					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 YOA	M45-54	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		
					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 FWOC	M45-54	dnf	3:03	12:26	15:43	18:13	22:34	28:38	30:29	----	----	----	----	----	1:13:52	43:23		
					3:03	9:23	3:17	2:30	4:21	6:04	1:51	----	----	----	----	----	----	----		
Course 8 (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 YOA	W35-44	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		
					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 GVOC	W35-44	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		
					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 FWOC	W35-44	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		
					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 EOOC	W35-44	mp	2:28	16:56	51:20	----	----	----	----	----	----	----	1:19:00	1:29:09	1:30:26	1:30:48		
					2:28	14:28	34:24	----	----	----	----	----	----	----	27:40	10:09	1:17	0:22		
Course 9 (8)					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 Asker SK	W21-34	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		
					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 FWOC	W21-34	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		
					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 FWOC	W21-34	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		
					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 GVOC	W21-34	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		
					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												
5	376	Thomson, Errol Ottawa OC	M35-44	1:01:44	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		
					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												
6	381	Ferrand, Gilles CdB	M35-44	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		
					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												
	366	Guillermic, Reine- CdB	W21-34	dnf	2:11	5:33	22:40	23:51	1:08:38	1:22:53	----	----	----	----	----	1:35:19	----	----		
					2:11	3:22	17:07	1:11	44:47	14:15										
					----	----	1:42:22	1:43:13												
					----	----	7:03	0:51												
	425	Caulfield, Rachel GVOC	W21-34	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	----	----	----		
					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	----												

