

2009 OUA Cross Country Championships

Brock campus, St.Catharines Sat Oct 31

10/31/2009

32nd Women's 95th Men's

Event # 2 MENS OUA Champs 10K Run

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	GUELPH GRYPHONS	17	1-2-3-5-6	10-14
2	WINDSOR LANCERS	63	4-8-13-16-22	28-54
3	QUEEN'S GAELS	120	12-15-25-29-39	44-58
4	TORONTO VARSITYBLUES	130	9-20-31-34-36	45-55
5	WESTERN MUSTANGS	132	7-17-27-35-46	63-66
6	MCMASTER MARAUDERS	155	18-24-26-40-47	51-69
7	LAKEHEAD THUNDERWOLV	164	11-19-32-43-59	62-65
8	WATERLOO WARRIORS	202	30-33-41-48-50	67-85
9	LAURIER GOLDEN HAWKS	229	23-37-52-56-61	72-80
10	OTTAWA GEE GEES	276	42-53-57-60-64	68-79
11	BROCK BADGERS	338	21-38-89-93-97	98-100
12	YORK LIONS	386	71-74-78-81-82	94
13	RMC PALADINS	401	73-76-77-87-88	91-95
14	NIPISSING LAKERS	408	70-75-83-84-96	99-101
15	TRENT EXCALIBUR	419	49-86-90-92-102	103

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	28	Allan Brett		E3	GUELPH GRYPHONS	1	30:08
2	2	29	Kyle Boorsma		E4	GUELPH GRYPHONS	2	30:11
3	3	30	Matt Brunsting		E5	GUELPH GRYPHONS	3	30:18
4	4	233	Dave Weston		E4	WINDSOR LANCERS	1	30:26
5	5	31	John Parrott		E5	GUELPH GRYPHONS	4	30:38
6	6	32	Nigel Wray		E4	GUELPH GRYPHONS	5	30:44
7	7	213	Kyle O'Neill		E3	WESTERN MUSTANGS	1	30:54
8	8	236	Adam Kellar		E4	WINDSOR LANCERS	2	31:07
9	9	177	Mike Del Monte		E4	TORONTO VARSITYBLUES	1	31:12
10	10	35	Robert Koziarski		E4	GUELPH GRYPHONS	6	31:13
11	11	45	Andrew Nixon		R	LAKEHEAD THUNDERWOLV	1	31:17
12	12	141	Matt Hulse		E3	QUEEN'S GAELS	1	31:22
13	13	235	Andrew Aguanno		E2	WINDSOR LANCERS	3	31:23
14	14	33	Robert Jackson		E2	GUELPH GRYPHONS	7	31:29
15	15	142	Clay Patterson		E2	QUEEN'S GAELS	2	31:31
16	16	237	Matt Walters		E2	WINDSOR LANCERS	4	31:32
17	17	214	Ryan Huff		E3	WESTERN MUSTANGS	2	31:34
18	18	86	Larry Abbott		E4	MCMASTER MARAUDERS	1	31:44
19	19	46	Jonas Holmberg		E5	LAKEHEAD THUNDERWOLV	2	31:52
20	20	179	Stephen Douglas		E5	TORONTO VARSITYBLUES	2	31:53
21	21	10	Nathan Wanuch		R	BROCK BADGERS	1	31:55
22	22	239	Svein Piene		E5	WINDSOR LANCERS	5	31:57
23	23	68	Soaib Ikram		R	LAURIER GOLDEN HAWKS	1	32:08
24	24	90	Jonathan Little		E5	MCMASTER MARAUDERS	2	32:09
25	25	147	Trevor Walmsley		E4	QUEEN'S GAELS	3	32:11
26	26	88	Taylor Reid		R	MCMASTER MARAUDERS	3	32:16

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27	27	216	Alex Strokach	E2	WESTERN MUSTANGS	3	32:18
28	28	241	Drew Patterson	E2	WINDSOR LANCERS	6	32:20
29	29	143	Andrew Courchene	E1	QUEEN'S GAELS	4	32:24
30	30	195	Charly (frederi Allan	R	WATERLOO WARRIORS	1	32:25
31	31	181	Antun Pavelic	E2	TORONTO VARSITYBLUES	3	32:27
32	32	47	Alastair Brown	E2	LAKEHEAD THUNDERWOLV	3	32:28
33	33	198	Jordan Andersen	E2	WATERLOO WARRIORS	2	32:36
34	34	184	Andrew Nicholl	E2	TORONTO VARSITYBLUES	4	32:38
35	35	215	Brent Smith	E3	WESTERN MUSTANGS	4	32:39
36	36	178	Tyler Pettes	E3	TORONTO VARSITYBLUES	5	32:42
37	37	67	Shoaib Ikram	R	LAURIER GOLDEN HAWKS	2	32:44
38	38	11	Kevin Moore	E2	BROCK BADGERS	2	32:45
39	39	145	Joshua Potvin	E3	QUEEN'S GAELS	5	32:46
40	40	89	Cory McCurry	E3	MCMASTER MARAUDERS	4	32:48
41	41	197	Stephen Jones	E3	WATERLOO WARRIORS	3	32:50
42	42	121	Chantry Cargill	R	OTTAWA GEE GEES	1	32:51
43	43	48	David Witoluk	E5	LAKEHEAD THUNDERWOLV	4	32:52
44	44	144	Michael Nishiyama	E3	QUEEN'S GAELS	6	32:53
45	45	183	Colin Murray-Lawson	E3	TORONTO VARSITYBLUES	6	32:54
46	46	218	David Arango	E2	WESTERN MUSTANGS	5	32:55
47	47	91	Andrew Douglas	E3	MCMASTER MARAUDERS	5	32:58
48	48	200	Rob Bark	E4	WATERLOO WARRIORS	4	33:03
49	49	266	Jay Brault	R	TRENT EXCALIBUR	1	33:04
50	50	196	Patrick MacKinnon	E2	WATERLOO WARRIORS	5	33:05
51	51	87	Andrew Yorke	E3	MCMASTER MARAUDERS	6	33:07
52	52	69	Matt Robertson	R2	LAURIER GOLDEN HAWKS	3	33:11
53	53	122	Mathieu Vierula	E2	OTTAWA GEE GEES	2	33:13
54	54	240	Eduardo Paolini	E2	WINDSOR LANCERS	7	33:15
55	55	180	Adrian Lambert	E5	TORONTO VARSITYBLUES	7	33:19
56	56	71	Brent Meidinger	E2	LAURIER GOLDEN HAWKS	4	33:22
57	57	123	Garrett De Jong	E2	OTTAWA GEE GEES	3	33:27
58	58	146	Oliver Hatheway	E2	QUEEN'S GAELS	7	33:28
59	59	49	Dustin Moore	E3	LAKEHEAD THUNDERWOLV	5	33:30
60	60	127	Remy Binns	R	OTTAWA GEE GEES	4	33:41
61	61	70	Jordan Fox	E3	LAURIER GOLDEN HAWKS	5	33:45
62	62	51	Chris Brown	R	LAKEHEAD THUNDERWOLV	6	33:46
63	63	219	Simon Hodge	E1	WESTERN MUSTANGS	6	33:56
64	64	124	Vincent Fluet	R	OTTAWA GEE GEES	5	34:04
65	65	50	Travis Roske	R	LAKEHEAD THUNDERWOLV	7	34:11
66	66	217	Matt Suda	E5	WESTERN MUSTANGS	7	34:14
67	67	199	Justin Spalvieri	E2	WATERLOO WARRIORS	6	34:20
68	68	126	Kyle MacKie	E2	OTTAWA GEE GEES	6	34:22
69	69	92	Rob Gibb	E5	MCMASTER MARAUDERS	7	34:24
70	70	105	Kevin Gallagher	E3	NIPISSING LAKERS	1	34:28
71	71	251	David Zylberberg	E3	YORK LIONS	1	34:32
72	72	72	Brett Cameron	R	LAURIER GOLDEN HAWKS	6	34:33
73	73	162	Richard Hayes	E2	RMC PALADINS	1	34:37
74	74	252	Yuestas David	E4	YORK LIONS	2	34:42
75	75	107	Jeff Harvey	E5	NIPISSING LAKERS	2	34:45
76	76	164	John Marshall	E2	RMC PALADINS	2	35:01
77	77	163	Eric Henderson	E1	RMC PALADINS	3	35:02
78	78	256	Adam Dykes	E5	YORK LIONS	3	35:03

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79	79	125	Kevin Brennan	E4	OTTAWA GEE GEES	7	35:09
80	80	73	Alex Garrioch	E2	LAURIER GOLDEN HAWKS	7	35:15
81	81	253	Raphael Waknine	R	YORK LIONS	4	35:21
82	82	254	Andre Raposso	R	YORK LIONS	5	35:27
83	83	106	Paulo Carvalho	E4	NIPISSING LAKERS	3	35:29
84	84	104	Benjamin Brzezynski	E2	NIPISSING LAKERS	4	35:35
85	85	201	Devon Briggs	E2	WATERLOO WARRIORS	7	35:40
86	86	267	Mark Hayward	E3	TRENT EXCALIBUR	2	35:42
87	87	160	Patrick Wheeler	E2	RMC PALADINS	4	35:46
88	88	165	Donald Saul	E1	RMC PALADINS	5	35:49
89	89	12	Chris Devries	E3	BROCK BADGERS	3	35:55
90	90	269	Ian Boyce	E3	TRENT EXCALIBUR	3	36:00
91	91	161	David Bernatchez	E2	RMC PALADINS	6	36:17
92	92	268	Dan Cain	E2	TRENT EXCALIBUR	4	36:28
93	93	13	Cas Sica	R	BROCK BADGERS	4	36:30
94	94	260	Kevin Mintah	E2	YORK LIONS	6	36:31
95	95	159	Jacob Trivers	E2	RMC PALADINS	7	36:36
96	96	108	Ryan Lahti	E3	NIPISSING LAKERS	5	36:55
97	97	14	Derek Moore	E2	BROCK BADGERS	5	37:29
98	98	17	Todd Boker	R	BROCK BADGERS	6	37:33
99	99	109	Alexander Burley	E3	NIPISSING LAKERS	6	38:07
100	100	15	Rob Welch	R	BROCK BADGERS	7	38:51
101	101	110	Rory Currie	E4	NIPISSING LAKERS	7	39:49
102	102	270	Craig Sim	E3	TRENT EXCALIBUR	5	42:49
103	103	271	Francis Dobri	R	TRENT EXCALIBUR	6	43:47

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TEAM		GUELPH GRYPHONS		SCORE: 17		PLACE: 1	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Allan Brett		E3	28	30:08	3:00	4:50
2-2	Kyle Boorsma		E4	29	30:11	3:01	4:51
3-3	Matt Brunsting		E5	30	30:18	3:01	4:52
5-5	John Parrott		E5	31	30:38	3:03	4:55
6-6	Nigel Wray		E4	32	30:44	3:04	4:56
=====							
10-10	Robert Koziarski		E4	35	31:13	3:07	5:01
14-14	Robert Jackson		E2	33	31:29	3:08	5:04
=====							
Top 5 Total Time:		151:59	Top 5 Average Time:		30:23		
Top 5 Average per KM:		3:02	Top 5 Average Per MILE:		4:53		
1 - 5 Split:		:36	1 - 7 Split:		1:21		
Top 7 Total Time:		214:41	Top 7 Average Time:		30:40		

TEAM		WINDSOR LANCERS		SCORE: 63		PLACE: 2	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Dave Weston		E4	233	30:26	3:02	4:53
8-8	Adam Kellar		E4	236	31:07	3:06	5:00
13-13	Andrew Aguanno		E2	235	31:23	3:08	5:03
16-16	Matt Walters		E2	237	31:32	3:09	5:04
22-22	Svein Piene		E5	239	31:57	3:11	5:08
=====							
28-28	Drew Patterson		E2	241	32:20	3:14	5:12
54-54	Eduardo Paolini		E2	240	33:15	3:19	5:21
=====							
Top 5 Total Time:		156:25	Top 5 Average Time:		31:17		
Top 5 Average per KM:		3:07	Top 5 Average Per MILE:		5:02		
1 - 5 Split:		1:31	1 - 7 Split:		2:49		
Top 7 Total Time:		222:00	Top 7 Average Time:		31:42		

TEAM		QUEEN'S GAELS		SCORE: 120		PLACE: 3	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-12	Matt Hulse		E3	141	31:22	3:08	5:02
15-15	Clay Patterson		E2	142	31:31	3:09	5:04
25-25	Trevor Walmsley		E4	147	32:11	3:13	5:10
29-29	Andrew Courchene		E1	143	32:24	3:14	5:12
39-39	Joshua Potvin		E3	145	32:46	3:16	5:16
=====							
44-44	Michael Nishiyama		E3	144	32:53	3:17	5:17
58-58	Oliver Hatheway		E2	146	33:28	3:20	5:23
=====							
Top 5 Total Time:		160:14	Top 5 Average Time:		32:02		
Top 5 Average per KM:		3:12	Top 5 Average Per MILE:		5:09		
1 - 5 Split:		1:24	1 - 7 Split:		2:06		
Top 7 Total Time:		226:35	Top 7 Average Time:		32:22		

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TEAM		TORONTO VARSITYBLUES		SCORE: 130		PLACE: 4	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Mike Del Monte		E4	177	31:12	3:07	5:01
20-20	Stephen Douglas		E5	179	31:53	3:11	5:07
31-31	Antun Pavelic		E2	181	32:27	3:14	5:13
34-34	Andrew Nicholl		E2	184	32:38	3:15	5:15
36-36	Tyler Pettes		E3	178	32:42	3:16	5:15
45-45	Colin Murray-Lawson		E3	183	32:54	3:17	5:17
55-55	Adrian Lambert		E5	180	33:19	3:19	5:21
Top 5 Total Time:		160:52		Top 5 Average Time:		32:10	
Top 5 Average per KM:		3:13		Top 5 Average Per MILE:		5:10	
1 - 5 Split:		1:30		1 - 7 Split:		2:07	
Top 7 Total Time:		227:05		Top 7 Average Time:		32:26	

TEAM		WESTERN MUSTANGS		SCORE: 132		PLACE: 5	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
7-7	Kyle O'Neill		E3	213	30:54	3:05	4:58
17-17	Ryan Huff		E3	214	31:34	3:09	5:04
27-27	Alex Strokach		E2	216	32:18	3:13	5:11
35-35	Brent Smith		E3	215	32:39	3:15	5:15
46-46	David Arango		E2	218	32:55	3:17	5:17
63-63	Simon Hodge		E1	219	33:56	3:23	5:27
66-66	Matt Suda		E5	217	34:14	3:25	5:30
Top 5 Total Time:		160:20		Top 5 Average Time:		32:04	
Top 5 Average per KM:		3:12		Top 5 Average Per MILE:		5:09	
1 - 5 Split:		2:01		1 - 7 Split:		3:20	
Top 7 Total Time:		228:30		Top 7 Average Time:		32:38	

TEAM		MCMASTER MARAUDERS		SCORE: 155		PLACE: 6	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-18	Larry Abbott		E4	86	31:44	3:10	5:06
24-24	Jonathan Little		E5	90	32:09	3:12	5:10
26-26	Taylor Reid		R	88	32:16	3:13	5:11
40-40	Cory McCurry		E3	89	32:48	3:16	5:16
47-47	Andrew Douglas		E3	91	32:58	3:17	5:18
51-51	Andrew Yorke		E3	87	33:07	3:18	5:19
69-69	Rob Gibb		E5	92	34:24	3:26	5:32
Top 5 Total Time:		161:55		Top 5 Average Time:		32:23	
Top 5 Average per KM:		3:14		Top 5 Average Per MILE:		5:12	
1 - 5 Split:		1:14		1 - 7 Split:		2:40	
Top 7 Total Time:		229:26		Top 7 Average Time:		32:46	

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TEAM LAKEHEAD THUNDERWOLV SCORE: 164 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Andrew Nixon		R	45	31:17	3:07	5:02
19-19	Jonas Holmberg		E5	46	31:52	3:11	5:07
32-32	Alastair Brown		E2	47	32:28	3:14	5:13
43-43	David Witoluk		E5	48	32:52	3:17	5:17
59-59	Dustin Moore		E3	49	33:30	3:21	5:23
62-62	Chris Brown		R	51	33:46	3:22	5:26
65-65	Travis Roske		R	50	34:11	3:25	5:30
Top 5 Total Time:		161:59	Top 5 Average Time:		32:23		
Top 5 Average per KM:		3:14	Top 5 Average Per MILE:		5:12		
1 - 5 Split:		2:13	1 - 7 Split:		2:54		
Top 7 Total Time:		229:56	Top 7 Average Time:		32:50		

TEAM WATERLOO WARRIORS SCORE: 202 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
30-30	Charly (frederi Allan		R	195	32:25	3:14	5:13
33-33	Jordan Andersen		E2	198	32:36	3:15	5:14
41-41	Stephen Jones		E3	197	32:50	3:17	5:17
48-48	Rob Bark		E4	200	33:03	3:18	5:19
50-50	Patrick MacKinnon		E2	196	33:05	3:18	5:19
67-67	Justin Spalvieri		E2	199	34:20	3:26	5:31
85-85	Devon Briggs		E2	201	35:40	3:34	5:44
Top 5 Total Time:		163:59	Top 5 Average Time:		32:47		
Top 5 Average per KM:		3:16	Top 5 Average Per MILE:		5:16		
1 - 5 Split:		:40	1 - 7 Split:		3:15		
Top 7 Total Time:		233:59	Top 7 Average Time:		33:25		

TEAM LAURIER GOLDEN HAWKS SCORE: 229 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
23-23	Soaib Ikram		R	68	32:08	3:12	5:10
37-37	Shoaib Ikram		R	67	32:44	3:16	5:16
52-52	Matt Robertson		R2	69	33:11	3:19	5:20
56-56	Brent Meidinger		E2	71	33:22	3:20	5:22
61-61	Jordan Fox		E3	70	33:45	3:22	5:25
72-72	Brett Cameron		R	72	34:33	3:27	5:33
80-80	Alex Garrioch		E2	73	35:15	3:31	5:40
Top 5 Total Time:		165:10	Top 5 Average Time:		33:02		
Top 5 Average per KM:		3:18	Top 5 Average Per MILE:		5:18		
1 - 5 Split:		1:37	1 - 7 Split:		3:07		
Top 7 Total Time:		234:58	Top 7 Average Time:		33:34		

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TEAM		OTTAWA GEE GEES		SCORE: 276		PLACE: 10	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
42-42	Chantry Cargill		R	121	32:51	3:17	5:17
53-53	Mathieu Vierula		E2	122	33:13	3:19	5:20
57-57	Garrett De Jong		E2	123	33:27	3:20	5:23
60-60	Remy Binns		R	127	33:41	3:22	5:25
64-64	Vincent Fluet		R	124	34:04	3:24	5:28
68-68	Kyle MacKie		E2	126	34:22	3:26	5:31
79-79	Kevin Brennan		E4	125	35:09	3:30	5:39
Top 5 Total Time:		167:16		Top 5 Average Time:		33:27	
Top 5 Average per KM:		3:20		Top 5 Average Per MILE:		5:23	
1 - 5 Split:		1:13		1 - 7 Split:		2:18	
Top 7 Total Time:		236:47		Top 7 Average Time:		33:49	

TEAM		BROCK BADGERS		SCORE: 338		PLACE: 11	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Nathan Wanuch		R	10	31:55	3:11	5:08
38-38	Kevin Moore		E2	11	32:45	3:16	5:16
89-89	Chris Devries		E3	12	35:55	3:35	5:46
93-93	Cas Sica		R	13	36:30	3:39	5:52
97-97	Derek Moore		E2	14	37:29	3:44	6:01
=====							
98-98	Todd Boker		R	17	37:33	3:45	6:02
100-100	Rob Welch		R	15	38:51	3:53	6:15
=====							
Top 5 Total Time:		174:34		Top 5 Average Time:		34:54	
Top 5 Average per KM:		3:29		Top 5 Average Per MILE:		5:37	
1 - 5 Split:		5:34		1 - 7 Split:		6:56	
Top 7 Total Time:		250:58		Top 7 Average Time:		35:51	

TEAM YORK LIONS		SCORE: 386			PLACE: 12		
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
71-71	David Zylberberg		E3	251	34:32	3:27	5:33
74-74	Yuestas David		E4	252	34:42	3:28	5:35
78-78	Adam Dykes		E5	256	35:03	3:30	5:38
81-81	Raphael Waknine		R	253	35:21	3:32	5:41
82-82	Andre Raposso		R	254	35:27	3:32	5:42
94-94	Kevin Mintah		E2	260	36:31	3:39	5:52
Top 5 Total Time:		175:05	Top 5 Average Time:		35:01		
Top 5 Average per KM:		3:30	Top 5 Average Per MILE:		5:38		
1 - 5 Split:		:55	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM RMC PALADINS		SCORE: 401		PLACE: 13			
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
73-73	Richard Hayes		E2	162	34:37	3:27	5:34
76-76	John Marshall		E2	164	35:01	3:30	5:38
77-77	Eric Henderson		E1	163	35:02	3:30	5:38
87-87	Patrick Wheeler		E2	160	35:46	3:34	5:45
88-88	Donald Saul		E1	165	35:49	3:34	5:45
91-91	David Bernatchez		E2	161	36:17	3:37	5:50
95-95	Jacob Trivers		E2	159	36:36	3:39	5:53
Top 5 Total Time:		176:15		Top 5 Average Time:		35:15	
Top 5 Average per KM:		3:31		Top 5 Average Per MILE:		5:40	
1 - 5 Split:		1:12		1 - 7 Split:		1:59	
Top 7 Total Time:		249:08		Top 7 Average Time:		35:35	

TEAM NIPISSING LAKERS		SCORE: 408		PLACE: 14			
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
70-70	Kevin Gallagher		E3	105	34:28	3:26	5:32
75-75	Jeff Harvey		E5	107	34:45	3:28	5:35
83-83	Paulo Carvalho		E4	106	35:29	3:32	5:42
84-84	Benjamin Brzezynski		E2	104	35:35	3:33	5:43
96-96	Ryan Lahti		E3	108	36:55	3:41	5:56
99-99	Alexander Burley		E3	109	38:07	3:48	6:08
101-101	Rory Currie		E4	110	39:49	3:58	6:24
Top 5 Total Time:		177:12		Top 5 Average Time:		35:26	
Top 5 Average per KM:		3:32		Top 5 Average Per MILE:		5:42	
1 - 5 Split:		2:27		1 - 7 Split:		5:21	
Top 7 Total Time:		255:08		Top 7 Average Time:		36:26	

TEAM TRENT EXCALIBUR		SCORE: 419		PLACE: 15			
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
49-49	Jay Brault		R	266	33:04	3:18	5:19
86-86	Mark Hayward		E3	267	35:42	3:34	5:44
90-90	Ian Boyce		E3	269	36:00	3:36	5:47
92-92	Dan Cain		E2	268	36:28	3:38	5:52
102-102	Craig Sim		E3	270	42:49	4:16	6:53
103-103	Francis Dobri		R	271	43:47	4:22	7:02
Top 5 Total Time:		184:03	Top 5 Average Time:		36:48		
Top 5 Average per KM:		3:40	Top 5 Average Per MILE:		5:55		
1 - 5 Split:		9:45	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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32nd Women's 95th Men's***Event # 1 WOMENS OUA Champs 5K Run***

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	GUELPH GRYPHONS	30	3-4-5-8-10	12-20
2	MCMaster MARAUDERS	67	7-11-13-17-19	31-37
3	QUEEN'S GAELS	105	15-18-23-24-25	26-49
4	WINDSOR LANCERS	116	6-16-27-29-38	41-55
5	WESTERN MUSTANGS	135	9-14-28-39-45	46-47
6	TORONTO VARSITYBLUES	140	1-2-43-44-50	59-68
7	LAURENTIAN VOYAGUERS	170	32-33-34-35-36	56-84
8	OTTAWA GEE GEES	240	22-42-52-57-67	76-78
9	LAKEHEAD THUNDERWOLV	257	21-30-58-63-85	
10	WATERLOO WARRIORS	284	51-53-54-61-65	69-80
11	YORK LIONS	323	48-62-64-70-79	81-102
12	BROCK BADGERS	346	40-66-74-77-89	96-97
13	LAURIER GOLDEN HAWKS	399	60-73-86-88-92	
14	RMC PALADINS	435	71-72-94-98-100	104
15	NIPissing LAKERS	443	82-87-90-91-93	95-99
16	TRENT EXCALIBUR	467	75-83-101-103-105	

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	167	Megan Brown		E5	TORONTO VARSITYBLUES	1	17:07
2	2	169	Erin McClure		E5	TORONTO VARSITYBLUES	2	17:41
3	3	21	Rachel Cliff		E4	GUELPH GRYPHONS	1	17:47
4	4	20	Courtney Laurie		E4	GUELPH GRYPHONS	2	17:52
5	5	19	Genevieve Lalonde		R	GUELPH GRYPHONS	3	17:54
6	6	223	Dayna Pidhoresky		E5	WINDSOR LANCERS	1	17:56
7	7	76	Jessica Pearo		E3	MCMaster MARAUDERS	1	17:57
8	8	24	Lindsay Furtado		E3	GUELPH GRYPHONS	4	18:12
9	9	204	Lynn Mockler		E4	WESTERN MUSTANGS	1	18:16
10	10	23	Jess VanHie		E3	GUELPH GRYPHONS	5	18:22
11	11	78	Sara Giovannetti		E2	MCMaster MARAUDERS	2	18:23
12	12	22	Laura McIvor		E3	GUELPH GRYPHONS	6	18:27
13	13	77	Jillian Wyman		E3	MCMaster MARAUDERS	3	18:28
14	14	205	Lorelle Convery		E4	WESTERN MUSTANGS	2	18:32
15	15	131	Patrica Roney		E3	QUEEN'S GAELS	1	18:35
16	16	224	Raeleen Hunter		E4	WINDSOR LANCERS	2	18:37
17	17	79	Katie Anderson		E2	MCMaster MARAUDERS	4	18:38
18	18	132	Leah Larocque		E3	QUEEN'S GAELS	2	18:40
19	19	80	Sarah Haliburton		E2	MCMaster MARAUDERS	5	18:46
20	20	25	Karoline Hoy		E3	GUELPH GRYPHONS	7	18:50
21	21	38	Tess Naroski		E3	LAKEHEAD THUNDERWOLV	1	18:54
22	22	111	Tiffany Locke		E4	OTTAWA GEE GEES	1	18:57
23	23	136	Maggie Hutton		R	QUEEN'S GAELS	3	18:58
24	24	133	Alecia Kallos		E1	QUEEN'S GAELS	4	18:59
25	25	135	Grace Keenleyside		E3	QUEEN'S GAELS	5	19:00

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26	26	134	Nadia Tatlow	E3	QUEEN'S GAELS	6	19:01
27	27	225	Jen Corick	E2	WINDSOR LANCERS	3	19:03
28	28	206	Alicia Knox	R	WESTERN MUSTANGS	3	19:12
29	29	227	Alyssa Thrasher	E3	WINDSOR LANCERS	4	19:13
30	30	39	Tafline Tong	E4	LAKEHEAD THUNDERWOLV	2	19:14
31	31	82	Courtney Patterson	R	MCMaster MARAUDERS	6	19:15
32	32	55	Emma Tallman	E2	LAURENTIAN VOYAGUERS	1	19:16
33	33	53	Maggie Robins	E4	LAURENTIAN VOYAGUERS	2	19:17
34	34	54	Gracie Tetzlaff	E2	LAURENTIAN VOYAGUERS	3	19:18
35	35	56	Heather Stroeder	E3	LAURENTIAN VOYAGUERS	4	19:19
36	36	52	Lindsay Anderson	R	LAURENTIAN VOYAGUERS	5	19:20
37	37	81	Victoria Coates	R	MCMaster MARAUDERS	7	19:21
38	38	229	Ashley Kellam	E3	WINDSOR LANCERS	5	19:22
39	39	210	Lauren Coutts	E3	WESTERN MUSTANGS	4	19:25
40	40	1	Erin Sukkau	R	BROCK BADGERS	1	19:26
41	41	226	Carly Gill	E4	WINDSOR LANCERS	6	19:29
42	42	113	Julia Malleck	E5	OTTAWA GEE GEES	2	19:33
43	43	174	Katie Housley	R	TORONTO VARSITYBLUES	3	19:34
44	44	172	Alex Digiacomio	E3	TORONTO VARSITYBLUES	4	19:37
45	45	207	Laura Desjardins	E2	WESTERN MUSTANGS	5	19:38
46	46	208	Hailey Cummings	R	WESTERN MUSTANGS	6	19:39
47	47	209	Hilary Egan	E4	WESTERN MUSTANGS	7	19:40
48	48	243	Kathryn Pistor	E2	YORK LIONS	1	19:42
49	49	137	Carla Murphy	E5	QUEEN'S GAELS	7	19:44
50	50	173	Charlotte Aust	E5	TORONTO VARSITYBLUES	5	19:47
51	51	188	Monika Bolejszo	E3	WATERLOO WARRIORS	1	19:49
52	52	112	Jill Seymour	E1	OTTAWA GEE GEES	3	19:57
53	53	189	Leslie Gray	E1	WATERLOO WARRIORS	2	20:03
54	54	187	Kelly-Lynne Spettigue	E4	WATERLOO WARRIORS	3	20:05
55	55	228	Meaghan Morand	R	WINDSOR LANCERS	7	20:08
56	56	57	Stephanie Flieler	E4	LAURENTIAN VOYAGUERS	6	20:10
57	57	114	Nicole Badry	E4	OTTAWA GEE GEES	4	20:11
58	58	40	Hilary Quirion	E2	LAKEHEAD THUNDERWOLV	3	20:13
59	59	171	Elonnai Hickok	E3	TORONTO VARSITYBLUES	6	20:14
60	60	61	Catherine Sukkau	E3	LAURIER GOLDEN HAWKS	1	20:15
61	61	190	Megan Hill	E5	WATERLOO WARRIORS	4	20:24
62	62	244	Carol Graham	E2	YORK LIONS	2	20:28
63	63	41	Lisa Alaimo	E3	LAKEHEAD THUNDERWOLV	4	20:32
64	64	245	Nicole Francki	R	YORK LIONS	3	20:33
65	65	193	Stephanie Hinton	E2	WATERLOO WARRIORS	5	20:34
66	66	3	Brittany Dunbar	R	BROCK BADGERS	2	20:36
67	67	115	Julia Britton	R	OTTAWA GEE GEES	5	20:43
68	68	175	Adelaida Blaxley	R	TORONTO VARSITYBLUES	7	20:49
69	69	192	Brile Anderson	E2	WATERLOO WARRIORS	6	20:50
70	70	248	Kelsey Desjarlais	E2	YORK LIONS	4	20:51
71	71	153	Jennifer Allan	R	RMC PALADINS	1	20:52
72	72	151	Cj Best	E2	RMC PALADINS	2	20:53
73	73	64	Jennifer Laughton	R	LAURIER GOLDEN HAWKS	2	20:55
74	74	4	Katrina Massey	E3	BROCK BADGERS	3	20:57
75	75	265	Sabrina Benzinger	R	TRENT EXCALIBUR	1	20:58
76	76	117	Amanda Pinch	E2	OTTAWA GEE GEES	6	20:58
77	77	2	Courtney Workman	E2	BROCK BADGERS	4	20:59

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78	78	116	Feyisayo Oni	E1	OTTAWA GEE GEES	7	21:01
79	79	247	Karoline VanDerputt	E4	YORK LIONS	5	21:02
80	80	191	Claire Lobsinger	E2	WATERLOO WARRIORS	7	21:03
81	81	246	Hanna Hernandez	E2	YORK LIONS	6	21:09
82	82	96	Ali Farlow	E5	NIPISSING LAKERS	1	21:12
83	83	262	Carrie VanHie	R	TRENT EXCALIBUR	2	21:13
84	84	58	Mathilde Demory	E2	LAURENTIAN VOYAGUERS	7	21:16
85	85	43	Christina Asmussen	E2	LAKEHEAD THUNDERWOLV	5	21:18
86	86	62	Kristen Avery	E3	LAURIER GOLDEN HAWKS	3	21:24
87	87	97	Felicia Saunders	R	NIPISSING LAKERS	2	21:48
88	88	66	Jennifer Prenger	E3	LAURIER GOLDEN HAWKS	4	21:57
89	89	6	Beth Thomson	E4	BROCK BADGERS	5	22:03
90	90	98	Taralynn Ray	E3	NIPISSING LAKERS	3	22:04
91	91	102	Antoinette Busch	R	NIPISSING LAKERS	4	22:07
92	92	65	Emily Ford	E3	LAURIER GOLDEN HAWKS	5	22:09
93	93	101	Carly Drake	E4	NIPISSING LAKERS	5	22:20
94	94	156	Yana Volodarets	R	RMC PALADINS	3	22:31
95	95	99	Destiny Gratton	E2	NIPISSING LAKERS	6	22:40
96	96	8	Maria Washburn	R	BROCK BADGERS	6	22:46
97	97	7	Teri Lynn Moffat	E2	BROCK BADGERS	7	22:50
98	98	155	Megan Cromarty	E1	RMC PALADINS	4	22:54
99	99	100	Marina Demarco	E3	NIPISSING LAKERS	7	23:02
100	100	157	Dunerci Caceres	E2	RMC PALADINS	5	23:17
101	101	261	Alex Lavasidis	R	TRENT EXCALIBUR	3	23:26
102	102	249	Cristina Piticco	R	YORK LIONS	7	24:10
103	103	264	Jennifer Leroy	?	TRENT EXCALIBUR	4	24:22
104	104	158	Amy Thorton	E3	RMC PALADINS	6	26:08
105	105	263	Monica Farlow	?	TRENT EXCALIBUR	5	27:01

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32nd Women's 95th Men's

TEAM		GUELPH GRYPHONS		SCORE: 30		PLACE: 1	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Rachel Cliff		E4	21	17:47	3:33	5:43
4-4	Courtney Laurie		E4	20	17:52	3:34	5:45
5-5	Genevieve Lalonde		R	19	17:54	3:34	5:45
8-8	Lindsay Furtado		E3	24	18:12	3:38	5:51
10-10	Jess VanHie		E3	23	18:22	3:40	5:54
12-12	Laura McIvor		E3	22	18:27	3:41	5:56
20-20	Karoline Hoy		E3	25	18:50	3:46	6:03
Top 5 Total Time:		90:07		Top 5 Average Time:		18:01	
Top 5 Average per KM:		3:36		Top 5 Average Per MILE:		5:48	
1 - 5 Split:		:35		1 - 7 Split:		1:03	
Top 7 Total Time:		127:24		Top 7 Average Time:		18:12	

TEAM		MCMASTER MARAUDERS		SCORE: 67		PLACE: 2	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
7-7	Jessica Pearo		E3	76	17:57	3:35	5:46
11-11	Sara Giovannetti		E2	78	18:23	3:40	5:55
13-13	Jillian Wyman		E3	77	18:28	3:41	5:56
17-17	Katie Anderson		E2	79	18:38	3:43	5:59
19-19	Sarah Haliburton		E2	80	18:46	3:45	6:02
31-31	Courtney Patterson		R	82	19:15	3:51	6:11
37-37	Victoria Coates		R	81	19:21	3:52	6:13
Top 5 Total Time:		92:12		Top 5 Average Time:		18:26	
Top 5 Average per KM:		3:41		Top 5 Average Per MILE:		5:56	
1 - 5 Split:		:49		1 - 7 Split:		1:24	
Top 7 Total Time:		130:48		Top 7 Average Time:		18:41	

TEAM		QUEEN'S GAELS		SCORE: 105		PLACE: 3	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-15	Patrica Roney		E3	131	18:35	3:43	5:58
18-18	Leah Larocque		E3	132	18:40	3:44	6:00
23-23	Maggie Hutton		R	136	18:58	3:47	6:06
24-24	Alecia Kallos		E1	133	18:59	3:47	6:06
25-25	Grace Keenleyside		E3	135	19:00	3:48	6:06
26-26	Nadia Tatlow		E3	134	19:01	3:48	6:07
49-49	Carla Murphy		E5	137	19:44	3:56	6:21
Top 5 Total Time:		94:12			Top 5 Average Time:		18:50
Top 5 Average per KM:		3:46			Top 5 Average Per MILE:		6:03
1 - 5 Split:		:25			1 - 7 Split:		1:09
Top 7 Total Time:		132:57			Top 7 Average Time:		18:59

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TEAM		WINDSOR LANCERS		SCORE: 116		PLACE: 4	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Dayna Pidhoresky		E5	223	17:56	3:35	5:46
16-16	Raeleen Hunter		E4	224	18:37	3:43	5:59
27-27	Jen Corick		E2	225	19:03	3:48	6:07
29-29	Alyssa Thrasher		E3	227	19:13	3:50	6:11
38-38	Ashley Kellam		E3	229	19:22	3:52	6:14
41-41	Carly Gill		E4	226	19:29	3:53	6:16
55-55	Meaghan Morand		R	228	20:08	4:01	6:28
Top 5 Total Time:		94:11		Top 5 Average Time:		18:50	
Top 5 Average per KM:		3:46		Top 5 Average Per MILE:		6:03	
1 - 5 Split:		1:26		1 - 7 Split:		2:12	
Top 7 Total Time:		133:48		Top 7 Average Time:		19:06	

TEAM		WESTERN MUSTANGS		SCORE: 135		PLACE: 5	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Lynn Mockler		E4	204	18:16	3:39	5:52
14-14	Lorelle Convery		E4	205	18:32	3:42	5:57
28-28	Alicia Knox		R	206	19:12	3:50	6:10
39-39	Lauren Coutts		E3	210	19:25	3:53	6:14
45-45	Laura Desjardins		E2	207	19:38	3:55	6:19
46-46	Hailey Cummings		R	208	19:39	3:55	6:19
47-47	Hilary Egan		E4	209	19:40	3:56	6:19
Top 5 Total Time:		95:03		Top 5 Average Time:		19:00	
Top 5 Average per KM:		3:48		Top 5 Average Per MILE:		6:07	
1 - 5 Split:		1:22		1 - 7 Split:		1:24	
Top 7 Total Time:		134:22		Top 7 Average Time:		19:11	

TEAM		TORONTO VARSITYBLUES		SCORE: 140		PLACE: 6	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Megan Brown		E5	167	17:07	3:25	5:30
2-2	Erin McClure		E5	169	17:41	3:32	5:41
43-43	Katie Housley		R	174	19:34	3:54	6:17
44-44	Alex Digiacoimo		E3	172	19:37	3:55	6:18
50-50	Charlotte Aust		E5	173	19:47	3:57	6:22
59-59	Elonnai Hickok		E3	171	20:14	4:02	6:30
68-68	Adelaida Blaxley		R	175	20:49	4:09	6:42
Top 5 Total Time:		93:46		Top 5 Average Time:		18:45	
Top 5 Average per KM:		3:45		Top 5 Average Per MILE:		6:02	
1 - 5 Split:		2:40		1 - 7 Split:		3:42	
Top 7 Total Time:		134:49		Top 7 Average Time:		19:15	

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TEAM LAURENTIAN VOYAGUERS SCORE: 170 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
32-32	Emma Tallman		E2	55	19:16	3:51	6:12
33-33	Maggie Robins		E4	53	19:17	3:51	6:12
34-34	Gracie Tetzlaff		E2	54	19:18	3:51	6:12
35-35	Heather Stroeder		E3	56	19:19	3:51	6:13
36-36	Lindsay Anderson		R	52	19:20	3:52	6:13
=====							
56-56	Stephanie Flieler		E4	57	20:10	4:02	6:29
84-84	Mathilde Demory		E2	58	21:16	4:15	6:50
=====							
Top 5 Total Time:		96:30	Top 5 Average Time:		19:18		
Top 5 Average per KM:		3:51	Top 5 Average Per MILE:		6:12		
1 - 5 Split:			1 - 7 Split:		2:00		
Top 7 Total Time:		137:56	Top 7 Average Time:		19:42		

TEAM OTTAWA GEE GEES SCORE: 240 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
22-22	Tiffany Locke		E4	111	18:57	3:47	6:05
42-42	Julia Malleck		E5	113	19:33	3:54	6:17
52-52	Jill Seymour		E1	112	19:57	3:59	6:25
57-57	Nicole Badry		E4	114	20:11	4:02	6:29
67-67	Julia Britton		R	115	20:43	4:08	6:40
=====							
76-76	Amanda Pinch		E2	117	20:58	4:11	6:44
78-78	Feyisayo Oni		E1	116	21:01	4:12	6:45
=====							
Top 5 Total Time:		99:21	Top 5 Average Time:		19:52		
Top 5 Average per KM:		3:58	Top 5 Average Per MILE:		6:23		
1 - 5 Split:		1:46	1 - 7 Split:		2:04		
Top 7 Total Time:		141:20	Top 7 Average Time:		20:11		

TEAM LAKEHEAD THUNDERWOLV SCORE: 257 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Tess Naroski		E3	38	18:54	3:46	6:05
30-30	Tafling Tong		E4	39	19:14	3:50	6:11
58-58	Hilary Quirion		E2	40	20:13	4:02	6:30
63-63	Lisa Alaimo		E3	41	20:32	4:06	6:36
85-85	Christina Asmussen		E2	43	21:18	4:15	6:51
=====							
Top 5 Total Time:		100:11	Top 5 Average Time:		20:02		
Top 5 Average per KM:		4:00	Top 5 Average Per MILE:		6:26		
1 - 5 Split:		2:24	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM		WATERLOO WARRIORS		SCORE: 284		PLACE: 10	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
51-51	Monika Bolejszo		E3	188	19:49	3:57	6:22
53-53	Leslie Gray		E1	189	20:03	4:00	6:27
54-54	Kelly-Lynne Spettigue		E4	187	20:05	4:01	6:27
61-61	Megan Hill		E5	190	20:24	4:04	6:33
65-65	Stephanie Hinton		E2	193	20:34	4:06	6:37
69-69	Brile Anderson		E2	192	20:50	4:10	6:42
80-80	Claire Lobsinger		E2	191	21:03	4:12	6:46
Top 5 Total Time:		100:55		Top 5 Average Time:		20:11	
Top 5 Average per KM:		4:02		Top 5 Average Per MILE:		6:29	
1 - 5 Split:		:45		1 - 7 Split:		1:14	
Top 7 Total Time:		142:48		Top 7 Average Time:		20:24	

TEAM YORK LIONS		SCORE: 323			PLACE: 11		
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
48-48	Kathryn Pistor		E2	243	19:42	3:56	6:20
62-62	Carol Graham		E2	244	20:28	4:05	6:35
64-64	Nicole Francki		R	245	20:33	4:06	6:36
70-70	Kelsey Desjarlais		E2	248	20:51	4:10	6:42
79-79	Karoline VanDerputt		E4	247	21:02	4:12	6:46
81-81	Hanna Hernandez		E2	246	21:09	4:13	6:48
102-102	Cristina Piticco		R	249	24:10	4:50	7:46
Top 5 Total Time:		102:36		Top 5 Average Time:		20:31	
Top 5 Average per KM:		4:06		Top 5 Average Per MILE:		6:36	
1 - 5 Split:		1:20		1 - 7 Split:		4:28	
Top 7 Total Time:		147:55		Top 7 Average Time:		21:07	

TEAM		BROCK BADGERS		SCORE: 346		PLACE: 12	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
40-40	Erin Sukkau		R	1	19:26	3:53	6:15
66-66	Brittany Dunbar		R	3	20:36	4:07	6:37
74-74	Katrina Massey		E3	4	20:57	4:11	6:44
77-77	Courtney Workman		E2	2	20:59	4:11	6:45
89-89	Beth Thomson		E4	6	22:03	4:24	7:05
96-96	Maria Washburn		R	8	22:46	4:33	7:19
97-97	Teri Lynn Moffat		E2	7	22:50	4:34	7:20
Top 5 Total Time:		104:01		Top 5 Average Time:		20:48	
Top 5 Average per KM:		4:09		Top 5 Average Per MILE:		6:41	
1 - 5 Split:		2:37		1 - 7 Split:		3:24	
Top 7 Total Time:		149:37		Top 7 Average Time:		21:22	

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32nd Women's 95th Men's

TEAM		LAURIER GOLDEN HAWKS		SCORE: 399		PLACE: 13	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
60-60	Catherine Sukkau		E3	61	20:15	4:03	6:31
73-73	Jennifer Laughton		R	64	20:55	4:11	6:43
86-86	Kristen Avery		E3	62	21:24	4:16	6:53
88-88	Jennifer Prenger		E3	66	21:57	4:23	7:03
92-92	Emily Ford		E3	65	22:09	4:25	7:07
=====							
Top 5 Total Time:		106:40		Top 5 Average Time:		21:20	
Top 5 Average per KM:		4:16		Top 5 Average Per MILE:		6:51	
1 - 5 Split:		1:54		1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

TEAM		RMC PALADINS		SCORE: 435		PLACE: 14	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
71-71	Jennifer Allan		R	153	20:52	4:10	6:42
72-72	Cj Best		E2	151	20:53	4:10	6:43
94-94	Yana Volodarets		R	156	22:31	4:30	7:14
98-98	Megan Cromarty		E1	155	22:54	4:34	7:22
100-100	Dunerci Caceres		E2	157	23:17	4:39	7:29
=====							
104-104	Amy Thorton		E3	158	26:08	5:13	8:24
Top 5 Total Time:		110:27	Top 5 Average Time:		22:05		
Top 5 Average per KM:		4:25	Top 5 Average Per MILE:		7:06		
1 - 5 Split:		2:25	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM		NIPISSING LAKERS		SCORE: 443		PLACE: 15	
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
82-82	Ali Farlow		E5	96	21:12	4:14	6:49
87-87	Felicia Saunders		R	97	21:48	4:21	7:01
90-90	Taralynn Ray		E3	98	22:04	4:24	7:06
91-91	Antoinette Busch		R	102	22:07	4:25	7:07
93-93	Carly Drake		E4	101	22:20	4:28	7:11
95-95	Destiny Gratton		E2	99	22:40	4:32	7:17
99-99	Marina Demarco		E3	100	23:02	4:36	7:24
Top 5 Total Time:		109:31		Top 5 Average Time:		21:54	
Top 5 Average per KM:		4:22		Top 5 Average Per MILE:		7:03	
1 - 5 Split:		1:08		1 - 7 Split:		1:50	
Top 7 Total Time:		155:13		Top 7 Average Time:		22:10	

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TEAM TRENT EXCALIBUR		SCORE: 467		PLACE: 16			
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
75-75	Sabrina Benzinger		R	265	20:58	4:11	6:44
83-83	Carrie VanHie		R	262	21:13	4:14	6:49
101-101	Alex Lavasidis		R	261	23:26	4:41	7:32
103-103	Jennifer Leroy		?	264	24:22	4:52	7:50
105-105	Monica Farlow		?	263	27:01	5:24	8:41
Top 5 Total Time:		117:00	Top 5 Average Time:		23:24		
Top 5 Average per KM:		4:40	Top 5 Average Per MILE:		7:31		
1 - 5 Split:		6:03	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				
