

2010 Long Course (112 km) Course																																							
Place	Age	Number	Team	Start Time	CP1	Split	Speed	CP2	CP3	Split	Speed	CP4	Split	Speed	CP5	Split	Speed	CP4	Split	Speed	CP3	Split	Speed	CP1	Split	Speed	CP2	Split	Speed	CP3	Split	Speed	Finish	Split	Speed	Total Time	Average Speed		
1	Luscombe	Scott	30	9	THINKSL.COM/CarsonElectric	09:05	9:28	0:23	19.0	11:00	1:32	19.4	11:14	0:14	18.4	11:26	0:12	28.5	11:45	0:19	20.5	12:01	0:16	16.1	12:31	0:30	18.6	13:04	0:33	20.9	14:10	1:06	16.6	14:47	0:37	24.8	5:42	19.7	
2	HeBoer	Steve	36	8	Zoom Leisure Bikes	09:05	9:28	0:23	19.0	11:00	1:32	19.4	11:14	0:14	18.4	11:27	0:13	26.3	11:45	0:18	21.7	12:01	0:16	16.1	12:32	0:31	18.0	13:06	0:34	20.3	14:24	1:18	14.1	15:06	0:42	21.9	8:01	18.7	
3	Frederiksen	Adam	34	5	West River Rac	09:05	9:30	0:25	17.5	11:22	1:52	16.0	11:44	0:22	11.7	12:01	0:17	20.1	12:27	0:26	15.0	12:50	0:23	11.2	13:28	0:38	14.7	14:05	0:37	16.6	15:17	1:12	15.3	15:55	0:38	24.2	6:50	16.4	
4	Spector	Noah	30	6	Tall Tree Cycles	09:05	9:29	0:24	18.3	No Data	11:20	1:51	16.1	11:37	0:17	15.2	11:52	0:15	22.8	12:33	0:41	9.5	12:50	0:17	15.2	13:28	0:38	14.7	14:05	0:37	16.6	15:20	1:15	14.6	16:03	0:43	21.3	6:58	16.1
5	Roy	Nicolas	14	3		09:05	9:29	0:24	18.3	11:10	1:41	17.7	11:25	0:15	17.2	11:41	0:16	21.4	12:04	0:23	17.0	12:52	0:48	5.4	Timing Error	13:57	1:05	19.2	15:17	1:20	13.7	16:04	0:47	19.5	6:59	16.1			
6	Ruffini	Steven	44	4		09:05	9:30	0:25	17.5	11:22	1:52	16.0	11:44	0:22	11.7	12:01	0:17	20.1	12:27	0:26	15.0	12:52	0:25	10.3	13:35	0:43	13.0	14:20	0:45	15.3	15:55	1:35	11.6	16:42	0:47	19.5	7:37	14.7	
7	Wright	David	42	1	Euro-sports.ca/Foodery	09:05	9:31	0:26	16.8	11:31	2:00	14.9	11:54	0:23	11.2	12:11	0:17	20.1	12:38	0:27	14.4	13:01	0:23	11.2	13:38	0:37	15.1	14:35	0:57	12.1	16:15	1:40	11.0	17:05	0:50	18.4	8:00	14.0	
8	Gustyn	Andrew	46	2	Euro-sports.ca/Foodery	09:05	9:31	0:26	16.8	11:32	2:01	14.8	11:54	0:22	11.7	12:11	0:17	20.1	12:38	0:27	14.4	13:01	0:23	11.2	13:38	0:37	15.1	14:35	0:57	12.1	16:15	1:40	11.0	17:06	0:51	18.0	8:01	14.0	
									Distance Between Checkpoints		7.3	11.5	18.3	(29.8km)		4.3	5.7	6.5	4.3	9.3	11.5	18.3	15.3	Total Distance	112.3														