

2009 Long Course (110 km) Course

		Age	Number	Start Time	CP1	Split	CP2	Split	CP3	Split	CP4	Split	CP5	Split	CP6	Split	CP7	Split	Finish	Split	Total Time
Allan	Laframboise	36	5	9:05	9:41	0:36	10:07	0:26	10:35	0:28	11:41	1:06	12:08	0:27	12:36	0:28	13:43	1:07	14:15	0:32	5:10
Steve	deBoer	36	10	9:05	9:44	0:39	10:11	0:27	10:42	0:31	11:48	1:06	12:19	0:31	12:51	0:32	14:02	1:11	14:32	0:30	5:27
Jeff	Kroetsch	28	9	9:05	9:46	0:41	10:14	0:28	10:44	0:30	11:53	1:09	12:25	0:32	12:55	0:30	14:08	1:13	14:38	0:30	5:33
Ron	MacNeil	38	4	9:05	9:47	0:42	10:16	0:29	10:48	0:32	12:04	1:16	12:39	0:35	13:14	0:35	14:32	1:18	15:05	0:33	6:00
Ben	Smith	41	2	9:05	9:50	0:45	10:24	0:34	10:56	0:32	12:13	1:17	12:46	0:33	13:17	0:31	13:17	0:00	15:09	1:52	6:04
Jarren Jay	Rothenburg	40	3	9:05	9:52	0:47	10:21	0:29	10:53	0:32	12:12	1:19	12:46	0:34	13:24	0:38	15:04	1:40	15:42	0:38	6:37
Jim	Duffy	56	1	9:05	9:56	0:51	10:36	0:40	11:19	0:43	13:11	1:52	14:02	0:51	14:54	0:52	16:57	2:03	17:35	0:38	8:30
Don	McIntyre	61	7	9:05	9:57	0:52	10:37	0:40	11:19	0:42	13:12	1:53	14:02	0:50	14:54	0:52	16:57	2:03	17:51	0:54	8:46
Candido	Belo	40	32	9:05	9:44	0:39	10:11	0:27	10:42	0:31	12:04	1:22	13:58	1:54	14:47	0:49	16:14	1:27			TBD

Dropped to Short Course

Jaibey	Velasco	30	8	9:05	10:00	0:55	10:45	0:45	11:32	0:47	13:34	2:02							14:28	14:28	5:23
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Age Group Results

Jeff	Kroetsch	28	9	9:05	9:46	0:41	10:14	0:28	10:44	0:30	11:53	1:09	12:25	0:32	12:55	0:30	14:08	1:13	14:38	0:30	5:33
Allan	Laframboise	36	5	9:05	9:41	0:36	10:07	0:26	10:35	0:28	11:41	1:06	12:08	0:27	12:36	0:28	13:43	1:07	14:15	0:32	5:10
Steve	deBoer	36	10	9:05	9:44	0:39	10:11	0:27	10:42	0:31	11:48	1:06	12:19	0:31	12:51	0:32	14:02	1:11	14:32	0:30	5:27
Ron	MacNeil	38	4	9:05	9:47	0:42	10:16	0:29	10:48	0:32	12:04	1:16	12:39	0:35	13:14	0:35	14:32	1:18	15:05	0:33	6:00
Ben	Smith	41	2	9:05	9:50	0:45	10:24	0:34	10:56	0:32	12:13	1:17	12:46	0:33	13:17	0:31	13:17	0:00	15:09	1:52	6:04
Jarren Jay	Rothenburg	40	3	9:05	9:52	0:47	10:21	0:29	10:53	0:32	12:12	1:19	12:46	0:34	13:24	0:38	15:04	1:40	15:42	0:38	6:37
Candido	Belo	40	32	9:05	9:44	0:39	10:11	0:27	10:42	0:31	12:04	1:22	13:58	1:54	14:47	0:49	16:14	1:27			TBD
Jim	Duffy	56	1	9:05	9:56	0:51	10:36	0:40	11:19	0:43	13:11	1:52	14:02	0:51	14:54	0:52	16:57	2:03	17:35	0:38	8:30
Don	McIntyre	61	7	9:05	9:57	0:52	10:37	0:40	11:19	0:42	13:12	1:53	14:02	0:50	14:54	0:52	16:57	2:03	17:51	0:54	8:46

Dropped to Short Course

Jaibey	Velasco	30	8	9:05	10:00	0:55	10:45	0:45	11:32	0:47	13:34	2:02							14:28	14:28	5:23
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